

ABSTRACT

An optical disk (10) of the present invention comprises a substrate (11) included a biodegradable resin or polyolefin resin, a recording layer (13) provided on at least one side of the substrate (11), and a printing layer (15) provided on the other side of substrate (11), wherein recording layer (13) and printing layer (15) have a base material layer (recording layer base material, printing base material (21)) included a non-hydrophilic film. This type of optical disk (10) has performance equal to that of conventional optical disks, has a minimal effect on the environment during disposal and is able to suppress warping of the substrate. In addition, a manufacturing method of an optical disk of the present invention comprises a recording layer sheet fabrication step in which a recording layer sheet is fabricated by forming tracks on a recording layer base material, a printing sheet fabrication step in which a printing sheet is fabricated by carrying out printing on a printing base material, and respective lamination steps in which the substrate sheet, recording layer sheet and printing sheet are laminated.